



MUSCOGEE NATION MOTHER & BABY PROGRAM

The Mother | Baby Program is an evidence-based parent training and support program designed and rigorously evaluated by Johns Hopkins Center for American Indian Health and MCN Health. It offers comprehensive support during pregnancy, childbirth, and up to three years postpartum. The program provides education, health assessments, and case management to ensure the well-being of both mother and child.

Services Offered



Prenatal Education

- Contributing to a healthy pregnancy
- Changes a woman goes through
- Labor and delivery
- Comfort techniques and medications



Infant Care

- How to feed, diaper and bathe your baby
- Safety of your new baby
- Immunizations
- What to do if baby is sick



Breastfeeding Resources

- Breastfeeding basics
- Skin to skin
- Benefits of breastfeeding for mother and baby
- Pumping and storing breastmilk



Child Development

- Milestones from birth through age three years
- Tummy time
- Playtime fun and learning
- Potty training



Parenting + Life Skills

- Daily routines for confident and effective parenting
- Preparing for safe travel
- Working towards a better you
- Communication and building healthy relationships



 **MCNHealth**

For more information, visit
www.creekhealth.org
or by scanning the QR code

For further information or to discuss specific client enrollment,
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